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2019 6

Pasta is no longer off the menu, after a new review of studies suggested that the carbohydrate can form part of a healthy diet, and even help people lose weight. For years, nutritionists have recommended that pasta be kept to a __26__, to cut calories, prevent fat build-up and stop blood sugar __27__ up.

The low-carbohydrate food movement gave birth to such diets as the Atkins, Paleo and Keto, which advised swapping foods like bread, pasta and potatoes for vegetable, fish and meat. More recently the trend of swapping spaghetti for vegetables has been __28__ by clean-eating experts.

But now a __29__ review and analysis of 30 studies by Canadian researchers found that not only does pasta not cause weight gain, but three meals a week can help people drop more than half a kilogram over four months. The reviewers found that pasta had been unfairly demonized() because it had been __30__ in with other, more fat-promoting carbohydrates.

"The study found that pasta didn't __31__ to weight gain or increase in body fat," said lead author Dr John Sievenpiper. "In __32__ the evidence, we can now say with some confidence that pasta does not have an __33__ effect on body weight outcomes when it is consumed as part of a healthy dietary pattern." In fact, analysis actually showed a small weight loss. So __34__ to concerns, perhaps pasta can be part of a healthy diet.

Those involved in the __35__ trials on average ate 3.3 servings of pasta a week instead of other carbohydrates, one serving equaling around half a cup. They lost around half a kilogram over an average follow-up of 12 weeks.

A) adverse
B) championed
C) clinical
D) contrary
E) contribute

F) intimate
G) lumped
H) magnified
I) minimum
J) radiating

K) ration
L) shooting
M) subscribe
N) systematic
O) weighing

The dream of personalised flight is still vivid in the minds of many

inventors, some developing cycle-powered craft, others __26__ money into jetpacks(喷射背包). However, the flying car has always remained the __27__ symbol of personal transport freedom.

Several companies around the world have produced __28__ that can drive on roads and fly. Airbus has a futuristic modular(模块化的) concept involving a passenger capsule that can be __29__ from the road-going chassis(底盘) and picked up by a helicopter-type machine.

But all these concepts are massively expensive, require safety certification standards for road and air, need __30__ controls, involve complex folding wings and propellers, and have to be flown from air-strips. So they are likely to remain rich people's playthings rather than practical transport solutions for the masses.

"A car that takes off from some London street and lands in another __31__ street is unlikely to happen," says Prof. Gray, a leading aeronautical engineer. "Sky taxis are much more likely." But that won't stop inventors from dreaming up new ways to fly and trying to persuade investors to back their sometimes __32__ schemes.

Civilian aviation is being disrupted, not by the age-old desires for speed, romanticism and __33__, but by the pressing need to respond to a changing climate. New electric engines coupled with artificial intelligence and __34__ systems will contribute to a more efficient, integrated transport system that is less polluting and less noisy. That may sound simple, but as Prof. Gray says, "When I travel somewhere I like this notion that when I finish my journey I feel better than when I started it. That's completely at __35__ with how I feel today." Now that would be progress.

A) autonomous

F) odds

K) random

B) detached

G) opposites

L) repressing

C) dual

H) outrageous

M) segmented

D) glamour

I) pouring

N) spectrum

E) imminent

J) prototypes

O) ultimate

□□□

Steel is valued for its reliability, but not when it gets cold. Most forms of steel __26__ become brittle(脆的) at temperatures below about -25°C unless they are mixed with other metals. Now, though, a novel type of steel has been developed that resists __27__ at much lower temperatures, while retaining its strength and toughness - without the need for expensive __28__.

Steel's fragility at low temperatures first became a major concern during the Second World War. After German U-boats torpedoed(击沉) numerous British ships, a 2,700-strong fleet of cheap-and-cheerful "Liberty ships" was

introduced to replace the lost vessels, providing a lifeline for the __29__ British. But the steel shells of hundreds of the ships __30__ in the icy north Atlantic, and 12 broke in half and sank.

Brittleness remains a problem when building steel structures in cold conditions, such as oil rigs in the Arctic. So scientists have __31__ to find a solution by mixing it with expensive metals such as nickel.

Yuuji Kimura and colleagues in Japan tried a more physical __32__. Rather than adding other metals, they developed a complex mechanical process involving repeated heating and very severe mechanical deformation, known as tempforming.

The resulting steel appears to achieve a combination of strength and toughness that is __33__ to that of modern steels that are very rich in alloy content and, therefore, very expensive.

Kimura's team intends to use its tempformed steel to make ultra-high strength parts, such as bolts. They hope to reduce both the number of __34__ needed in a construction job and their weight - by replacing solid supports with __35__ tubes, for example. This could reduce the amount of steel needed to make everything from automobiles to buildings and bridges.

- | | | |
|--------------|---------------|---------------|
| A) abruptly | F) channel | K) hollow |
| B) additives | G) comparable | L) relevant |
| C) approach | H) components | M) reshuffled |
| D) ardently | I) cracked | N) strived |
| E) besieged | J) fractures | O) violent |

2019 □ 12 □

□□□

When considering risk factors associated with serious chronic diseases, we often think about health indicators such as cholesterol, blood pressure, and body weight. But poor diet and physical inactivity also each increase the risk of heart disease and have a role to play in the development of some cancers. Perhaps worse, the __26__ effects of an unhealthy diet and insufficient exercise are not limited to your body. Recent research has also shown that __27__ in a high-fat and high-sugar diet may have negative effects on your brain, causing learning and memory __28__.

Studies have found obesity is associated with impairments in cognitive functioning, as __29__ by a range of learning and memory tests, such as the ability to remember a list of words presented some minutes or hours earlier. There is also a growing body of evidence that diet induced cognitive impairments can emerge __30__ - within weeks or even days. For example, one study found healthy adults __31__ to a high-fat diet for five days showed impaired attention, memory, and mood compared with a low-fat diet control group. Another study also found eating a high-fat and high-sugar breakfast each day for as little as four days resulted in problems with learning and memory __32__ to those observed in overweight and obese individuals.

Body weight was not hugely different between the groups eating a healthy diet and those on high fat and high sugar diets. So this shows negative __33__ of poor dietary intake can occur even when body weight has not changed __34__. Thus, body weight is not always the best indicator of health and a thin person still needs to eat well and exercise __35__.

- | | | |
|------------------|----------------|--------------|
| A) assessed | F) designated | K) loopholes |
| B) assigned | G) detrimental | L) rapidly |
| C) consequences | H) digestion | M) redundant |
| D) conspicuously | I) excelling | N) regularly |
| E) deficits | J) indulging | O) similar |



The persistent haze over many of our cities is a reminder of the polluted air that we breathe. Over 80% of the world's urban population is breathing air that fails to meet World Health Organisation guidelines, and an estimated 4.5 million people died __26__ from outdoor air pollution in 2015.

Globally, urban populations are expected to double in the next 40 years, and an extra 2 billion people will need new places to live, as well as services and ways to move around their cities. What is more important, the decisions that we make now about the design of our cities will __27__ the everyday lives and health of the coming generations. So what would a smoke-free, or at least low-pollution, city be like?

Traffic has become __28__ with air pollution, and many countries intend to ban the sale of new petrol and diesel cars in the next two decades. But simply __29__ to electric cars will not mean pollution-free cities. The level of emissions they cause will depend on how the electricity to run them is __30__, while brakes, tyres and roads all create tiny airborne __31__ as they wear out.

Across the developed world, car use is in decline as more people move to city centres, while young people especially are __32__ for other means of travel. Researchers are already asking if motor vehicle use has reached its __33__ and will decline, but transport planners have yet to catch up with this __34__, instead of laying new roads to tackle traffic jams. As users of London's orbital M25 motorway will know, new roads rapidly fill with more traffic. In the US, studies have shown that doubling the size of a road can __35__ double the traffic, taking us back to the starting point.

- | | | |
|--------------|---------------|----------------|
| A) alternate | F) merged | K) prematurely |
| B) crown | G) miniatures | L) simply |
| C) determine | H) opting | M) switching |
| D) generated | I) particles | N) synonymous |
| E) locating | J) peak | O) trend |



The number of devices you can talk to is multiplying - first it was your phone, then your cat, and now you can tell your kitchen appliances what to do. But even without gadgets that understand our spoken commands, research suggests that, as bizarre as it sounds, under certain __26__ people regularly ascribe human traits to everyday objects.

Sometimes we see things as human because we are __27__. In one

experiment, people who reported feeling isolated were more likely than others to attribute __28__ to various gadgets. In turn, feeling close to objects can __29__ loneliness. When college students were reminded of a time they had been __30__ in a social setting, they compensated by exaggerating their number of friends - unless they were first given tasks that caused them to interact with their phone as if it had human qualities. According to the researchers, the participants' phones __31__ substituted for real friends.

At other times, we personify products in an effort to understand them. One study found that three in four respondents yelled at their computer. Further, the more their computer gave them problems, the more likely the respondents were to report that it had its own "beliefs and __32__."

So how do people assign traits to an object? In part, we rely on looks. On humans, wide faces are __33__ with dominance. Similarly, people rated cars, clocks, and watches with wide faces as more dominant-looking than narrow-faced ones, and preferred them - especially in __34__ situations. An analysis of car sales in Germany found that cars with grilles(格栅) that were upturned like smiles sold best. The purchasers saw this __35__ as increasing a car's friendliness.

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|------------------|------------------|------------------|
| A) alleviate | F) competitive | K) feature |
| B) apparently | G) conceded | L) lonely |
| C) arrogant | H) consciousness | M) separate |
| D) associated | I) desires | N) spectacularly |
| E) circumstances | J) excluded | O) warrant |

2020 年 6 月

2020 年 7 月 (6 月 30 日)

The United Nations issued a report last week warning that humans are destroying nature at such a rate that life on Earth is at risk. When the report came out, it naturally __26__ headlines. But obviously it didn't hijack the news agenda in the manner of a major terrorist attack or __27__ of war.

The report from the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services (IPBES) is clear on what's at __28__ and what needs to change. IPBES chair Robert Watson says the "__29__ evidence" presents an ominous(可怕的) picture. "The health of ecosystems on which we and all other species depend is __30__ more rapidly than ever," Robert Watson said. "We are __31__ the very foundations of our economies, livelihoods, food security, health and quality of life worldwide." The report says it's not too late if we make "transformative change" - fundamental, system-wide reorganization - at every level from local to global, and we need to focus on how to make that happen.

First, don't indulge in despair, because despair leads to inertia and doing nothing means certain __32__. Every action to save nature will improve our collective and personal futures and the only way to respond to a threat of this scale is with __33__ action rooted in headstrong optimism. Second, we need relentless focus, just like when paramedics(护理人员) arrive on a scene and use the concept of triage(分类) to ensure the most __34__ cases get treated first. Saving the natural world needs that kind of thinking. We don't have the __35__ to do everything at once. We need to make hard choices.

- | | | |
|------------------|---------------|-----------------|
| A) capacity | F) eroding | K) overwhelming |
| B) declaration | G) grabbed | L) stagnation |
| C) deteriorating | H) inventory | M) stake |
| D) determined | I) junction | N) stifled |
| E) disaster | J) monotonous | O) urgent |

2020 年 9 月 (6 月 30 日)

Overall, men are more likely than women to make excuses. Several

studies suggest that men feel the need to appear competent in all __26__, while women worry only about the skills in which they've invested __27__. Ask a man and a woman to go diving for the first time, and the woman is likely to jump in, while the man is likely to say he's not feeling too well.

Ironically, it is often success that leads people to flirt with failure. Praise won for __28__ a skill suddenly puts one in the position of having everything to lose. Rather than putting their reputation on the line again, many successful people develop a handicap - drinking, __29__, depression - that allows them to keep their status no matter what the future brings. An advertising executive __30__ for depression shortly after winning an award put it this way: "Without my depression, I'd be a failure now; with it, I'm a success 'on hold.'"

In fact, the people most likely to become chronic excuse makers are those __31__ with success. Such people are so afraid of being __32__ a failure at anything that they constantly develop one handicap or another in order to explain away failure.

Though self-handicapping can be an effective way of coping with performance anxiety now and then, in the end, researchers say, it will lead to __33__. In the long run, excuse makers fail to live up to their true __34__ and lose the status they care so much about. And despite their protests to the __35__ they have only themselves to blame.

A) contrary

F) labeled

K) potential

B) fatigue

G) legacies

L) realms

C) heavily

H) mastering

M) reciprocal

D) heaving

I) momentum

N) ruin

E) hospitalized

J) obsessed

O) viciously

2020 □ 9 □ □□□(□ 6 □ □□□)

It was perhaps when my parents - who also happen to be my housemates —left to go travelling for a couple of months recently that it __26__ on me why I had not yet left the family home.

It wasn't that I relied on them for __27__ reasons, or to keep my life in order, or to ease the chaos of the home. These days, I rely on them for their company.

I missed coming home and talking about my day at work, and I missed being able to read their face and sense how their day was. I missed having unique __28__ into tiny details that make a life.

While the conversation about young adults staying longer at home is __29__ by talk of laziness, of dependence, of an inability for young people to pull themselves together, __30__ do we talk of the way, in my case at least,

my relationship with my parents has __31__ strengthened the longer we have lived together.

Over the years the power dynamic has changed and is no longer defined by one being the giver and another, the taker. So, what does this say for our relationships within the family home?

According to psychologist Sabina Read, there are "some very positive possible __32__ when adult children share the family home", noting the "parent-child relationship may indeed strengthen and mature" in the process.

But, she notes, a strong __33__ doesn't simply come with time. "The many changing factors of the relationship need to be acknowledged, rather than hoping that the mere passage of time will __34__ connect parents to their adult children. It's important to acknowledge that the relationship parameters have changed to avoid falling back into __35__ from the teen years."

A) bond

F) legislative

K) patterns

B) contemplate

G) leverage

L) rarely

C) dawned

H) logistical

M) saturated

D) hierarchy

I) magically

N) stereotypes

E) insight

J) outcomes

O) undoubtedly

2020 12

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Virtually every activity that entails or facilitates in-person human interaction seems to be in the midst of a total meltdown as the coronavirus() outbreak erases Americans' desire to travel. Amtrak says bookings are down 50 percent and cancelations are up 300 percent. Hotels in San Francisco are experiencing __26__ rates between 70 and 80 percent. Broadway goes dark on Thursday night. Universities, now emptying their campuses, have never tried online learning on this __27__. White-collar companies like Amazon, Apple, and the New York Times are asking employees to work from home for the __28__ future.

But what happens after the coronavirus?

In some ways, the answer is: All the old normal stuff. The pandemic() will take lives, __29__ economies and destroy routines, but it will pass. Americans will never stop going to basketball games. They won't stop going on vacation. They'll meet to do business. No decentralizing technology so far - not telephones, not television, and not the internet - has dented that human desire to shake hands, despite technologists' __30__ to the contrary.

Yet there are real reasons to think that things will not return to the way they were last week. Small __31__ create small societal shifts; big ones change things for good. The New York transit strike of 1980 is __32__ with prompting several long-term changes in the city, including bus and bike lanes and women wearing sports shoes to work. The Spanish flu pandemic of 1918 prompted the development of national health care in Europe.

Here and now, this might not even be a question of __33__. It's not clear that the cruise industry will __34__, or that public transit won't go broke without __35__ assistance. The infrastructure might not even be in place to do what we were doing in 2019.

- | | | |
|----------------|----------------|-------------|
| A) credentials | F) foreseeable | K) subtle |
| B) credited | G) predictions | L) summoned |
| C) cumulative | H) preference | M) survive |
| D) disruptions | I) scale | N) vacancy |
| E) federal | J) strangle | O) wedge |

□□□

The idea of taxing things that are bad for society has a powerful allure. It offers the possibility of a double benefit - __26__ harmful activities, while also providing the government with revenue.

Take sin taxes. Taxes on alcohol make it more expensive to get drunk, which reduces excessive drinking and __27__ driving. At the same time, they provide state and local governments with billions of dollars of revenue. Tobacco taxes, which generate more than twice as much, have proven __28__ in the decline of smoking, which has saved millions of lives.

Taxes can also be an important tool for environmental protection, and many economists say taxing carbon would be the best way to reduce greenhouse gas emissions. Economic theory says that unlike income or sales taxes, carbon taxes can actually increase economic efficiency; because companies that __29__ carbon dioxide into the sky don't pay the costs of the climate change they cause, carbon taxes would restore the proper __30__ to the market.

In reality, carbon taxes alone won't be enough to halt global warming, but they would be a useful part of any climate plan. What's more, the revenue from this tax, which would __31__ be hundreds of billions of dollars per year, could be handed out to citizens as a __32__ or used to fund green infrastructure projects.

Similarly, a wealth tax has been put forward as a way to reduce inequality while raising revenue. The revenue from this tax, which some experts __33__ will be over \$4 trillion per decade, would be designated for housing, child care, health care and other government benefits. If you believe, as many do, that wealth inequality is __34__ bad, then these taxes improve society while also __35__ government coffers(□□).

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|-----------------|-----------------|-------------|
| A) discouraging | F) imprisoned | K) merging |
| B) dividend | G) incentives | L) predict |
| C) emotional | H) inherently | M) probably |
| D) fragments | I) initially | N) pump |
| E) impaired | J) instrumental | O) swelling |

□□□

Social distancing is putting people out of work, canceling school and tanking the stock market. It has been __26__ by fear, and it is creating even more fear as money problems and uncertainty grow. However, at its core is

love, and a sacrifice, to protect those most __27__ to the coronavirus'(□□□□) effects - the elderly, people with compromised immune systems, and those whose life-saving resources would be used up by a __28__ epidemic.

Americans make life-saving decisions every day as a matter of course. We cut food into bite-sized pieces, we wear seatbelts, and we take care not to exceed the speed limit. But social distancing is __29__ in that it is completely self-sacrificing. Those who will benefit may be the elderly relatives of the __30__ person we didn't pass in Starbucks, on the subway, or in the elevator.

Social distancing is millions of people making hundreds of sacrifices to keep the elderly alive. It doesn't include the __31__ to run from society or make an excuse to avoid one's obligations - such as life-saving medical work or the parental obligation to buy groceries. What it does include is applying love through caution. And in doing so, it offers an __32__ opportunity for those who care about the elderly to find new ways to love them.

If we're not __33__ as much in our normal work or school, we have extra time to call parents and grandparents. We can also ask elderly relatives how to best support them __34__ and use our sacrifices as an opportunity to bring us, our community and the world __35__.

- | | | |
|--------------|------------------|----------------|
| A) amazing | F) oppressing | K) temptations |
| B) closer | G) premises | L) thriftier |
| C) driven | H) random | M) tickled |
| D) engaged | I) sentimentally | N) unique |
| E) malignant | J) spiritually | O) vulnerable |

2021 □ 6 □

□□□

At 43, I've reached the stage where women are warned to watch out for the creeping sadness of middle age. We're served up an endless stream of advice on "how to survive your 40s", as if we're in the endurance stage of a slow limp toward __26__. This is the age women start to become "invisible" - our value, attractiveness and power supposedly __27__ by the vanishing of youth. But I don't feel like I'm fading into __28__. I feel more seen than I ever have, and for the first time in my life, I have a clear-eyed view of myself that is __29__, compassionate and accepting.

When I look in the mirror, I'm proud of who I am - even those "broken" parts that for so long seemed impossible to love. So when advertisers try to sell me ways to "turn back the clock", I have to __30__ a laugh. I wouldn't go back to the crippling self-consciousness of my youth if you paid me. This hard-won sense of self-acceptance is one of the joys of being an older woman. But it's a narrative often __31__ out by the shame that marketers rely on to peddle us their diet pills, miracle face creams and breathable yoga pants - as if self-love is a __32__ commodity.

For some women I know, this sense of trust and self-belief later in life gave them the courage to leave dysfunctional relationships or __33__ on new career paths. Others talked about enjoying their own company, of growth through __34__, deepening bonds of friendships, the ability to be more compassionate, less judgmental and to listen more and appreciate the small pleasures. Life past 40 is far from smooth sailing, but it's so much more than the reductive __35__ we see in women's magazines and on the Hollywood big screen.

A) adversity
B) authentic
C) convey
D) depictions
E) diminished

F) drowned
G) embark
H) fragility
I) neglected
J) obscurity

K) outlines
L) prevalent
M) purchasable
N) submit
O) suppress

□□□

A new study has drawn a bleak picture of cultural inclusiveness reflected in the children's literature available in Australia. Dr. Helen Adam from Edith Cowan University's School of Education __26__ the cultural diversity of children's books. She examined the books __27__ in the kindergarten rooms of four day-care centers in Western Australia. Just 18 percent of 2,413 books in the total collection contained any __28__ of non-white people. Minority cultures were often featured in stereotypical or tokenistic ways, for example, by __29__ Asian culture with chopsticks and traditional dress. Characters that did represent a minority culture usually had __30__ roles in the books. The main characters were mostly Caucasian. This causes concern as it can lead to an impression that whiteness is of greater value.

Dr. Adam said children formed impressions about 'difference' and identity from a very young age. Evidence has shown they develop own-race __31__ from as young as three months of age. The books we share with young children can be a valuable opportunity to develop children's understanding of themselves and others. Books can also allow children to see diversity. They discover both similarities and differences between themselves and others. This can help develop understanding, acceptance and __32__ of diversity.

Census data has shown Australians come from more than 200 countries. They speak over 300 languages at home. Additionally, Australians belong to more than 100 different religious groups. They also work in more than 1,000 different occupations. "Australia is a multicultural society. The current __33__ promotion of white middle-class ideas and lifestyles risks __34__ children from minority groups. This can give white middle-class children a sense of __35__ or privilege," Dr. Adam said.

- | | | |
|-----------------|-------------------|----------------|
| A) alienating | F) investigated | K) secondary |
| B) appreciation | G) overwhelming | L) superiority |
| C) bias | H) portraying | M) temperament |
| D) fraud | I) representation | N) tentative |
| E) housed | J) safeguarded | O) threshold |

□□□

I'm always baffled when I walk into a pharmacy and see shelves bursting with various vitamins, extracts and other supplements, all promising to accelerate or promote weight loss. Aisles of marketing genius belie(□□) the fact that, __26__, weight loss is dictated by the laws of arithmetic. Economist

Jessica Irvine wrote a book about how she used math to help her lose more than 18 kilograms. If calories taken in are less than calories __27__, weight shall be lost, and so it is with money.

Despite the __28__ of financial products, services and solutions geared towards accumulating wealth, if all begins with the same __29__: getting ahead financially requires a reduction of spending, so that income is greater than expenses. I was reminded of this again recently listening to an interview with Nicole Haddow, the author of *Smashed Avocado*, explaining how she cracked the property market at 31. It was quite a __30__, given where she had been two years earlier.

Nicole didn't celebrate her 30th birthday as she had __31__. She was sobbing at the dinner table with her parents, with whom she had just moved back in. She had no stable income, \$12,000 in credit-card debt and no plan, but to her __32__, her father, an accountant, told her that her financial __33__ wasn't as bad as she thought. He said, on her income, with some changes, she would be able to buy an investment unit within two years, which she did.

Nicole admitted she was fortunate, as she was able to live with her parents and __34__ her spending and life - to get herself on track financially. Creating a gap between her income and spending required a paradigm shift and __35__ sacrifice and commitment, but by going into financial lockdown, Nicole gained financial independence.

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|-----------------|-------------|----------------|
| A) abundance | F) expended | K) permanently |
| B) astonishment | G) feat | L) plight |
| C) entailed | H) fiscally | M) prosper |
| D) envisaged | I) impetus | N) shatter |
| E) equation | J) overhaul | O) ultimately |

2021 □ 12 □

□□□

If you think life is wonderful and expect it to stay that way, then you may have a good chance of living to a ripe old age, at least that is what the findings of a new study suggest. That study found that participants who reported the highest levels of optimism were far more likely to live to age 85 or __26__. This was compared to those participants who reported the lowest levels of optimism. It is __27__ that the findings held even after the researchers considered factors that could __28__ the link, including whether participants had health conditions, such as heart disease or cancer, or whether they experienced depression. The results add to a growing body of evidence that certain psychological factors may predict a longer life __29__. For example, previous studies have found that more optimistic people have a lower risk of developing chronic diseases, and a lower risk of __30__ death. However, the new study appears to be the first to __31__ look at the relationship between optimism and longevity. The researchers __32__ that the link found in the new study was not as strong when they factored in the effects of certain health behaviors, including exercise levels, sleep habits and diet. This suggests that these behaviors may, at least in part, explain the link. In other words, optimism may __33__ good habits that bolster health. It is also important to note that the study found only a __34__, as researchers did not prove for certain that optimism leads to a longer life. However, if the findings are true, they suggest that optimism could serve as a psychological __35__ that promotes health and a longer life.

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|----------------|---------------|-----------------|
| A. affect | F. henceforth | K. reconciled |
| B. beyond | G. lofty | L. span |
| C. conceded | H. noteworthy | M. specifically |
| D. correlation | I. plausibly | N. spiral |
| E. foster | J. premature | O. trait |

□□□

According to psychologist Sharon Draper, our clothing choices can

absolutely affect our well-being. When we, wear ill-fitting clothes, or feel over- or under-dressed for an event, it's natural to feel self-conscious or even stressed. Conversely, she says opting for clothes that fit well and __26__ with your sense of style can improve your confidence.

But can you improve your health through your __27__ clothing, without having to dash out and buy a whole new __28__? "Absolutely," says Draper. If your goal is to improve your thinking, she recommends picking clothes that fit well and are unlikely to encourage restlessness, so, avoid bows, ties and unnecessary __29__. It also helps to opt for clothes you __30__ as tying in with your goals, so, if you want to perform better at work, select pieces you view as professional. Draper says this fits in with the concept of behavioral activation, whereby __31__ in a behavior (in this case, selecting clothes) can set you on the path to then achieving your goals (working harder).

Another way to improve your __32__ of mind is to mix things up. Draper say we often feel stuck in a rut(□□) if we wear the same clothes - even if they're our favorites - thus opting for an item you don't wear often, or adding something different to an outfit, such as a hat, can __33__ shift your mood. On days when you're really __34__ to brave the world, Draper suggests selecting sentimental items of clothing, such as ones you wore on a special day, or given to you by a loved one, as clothes with __35__ associations can help you tap into constructive emotions.

- | | | |
|-----------------|---------------|---------------|
| A. accessories | F. fond | K. profile |
| B. align | G. frame | L. prospering |
| C. concurrently | H. locations | M. reluctant |
| D. current | I. perceive | N. showcase |
| E. engaging | J. positively | O. wardrobe |

□□□ □□□□□□□□□□□□□□□□□□

- A.
- B.
- C.
- D.
- E.
- F.
- G.
- H.
- I.
- J.
- K.

L.
M.
N.
O.



2019 年 6 月

□□□ 26-30 ILBNG 31-35 EOADC

□□□ 26-30 AJBEI 31-35 NCGHK

□□□ 26-30 IOJBC 31-35 KHDAF

2019 年 12 月

□□□ 26-30 GJEAL 31-35 BOCDN

□□□ 26-30 KCNMD 31-35 IHJOL

□□□ 26-30 ELHAJ 31-35 BIDFK

2020 年 6 月

□□□ 26-30 GBMKC 31-35 FEDOA

□□□ 26-30 LCHBE 31-35 JFNKA

□□□ 26-30 CHEML 31-35 OJAIK

2020 年 12 月

□□□ 26-30 NIFJG 31-35 DBHME

□□□ 26-30 AEJNG 31-35 MBLHO

□□□ 26-30 COENH 31-35 KADJB

2021 年 6 月

□□□ 26-30 HEJBO 31-35 FMGAD

□□□ 26-30 FEIHK 31-35 CBGAL

□□□ 26-30 OFAEG 31-35 DBLJC

2021 年 12 月

□□□ 26-30 BHALJ 31-35 MCEDO

□□□ 26-30 BDOAI 31-35 EGJMF

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